

Kidney Stones

What are kidney stones?

Kidney stones (renal lithiasis) are small, hard deposits that form inside the kidneys. The stones are made of mineral and insoluble organic salts. They develop due to several causes, and appear in the urinary tract, mainly in the kidneys, but also in the bladder and ureters.

Signs and Symptoms

Severe stabbing pains, occurring in waves which usually last 20 to 30 minutes; nausea/vomiting; fever; painful urination; blood appearing in the urine. The pain is located in the back or between ribs and hips.

What Causes Kidney Stones?

No single cause is evident for the development of kidney stones. Several factors increase the risk of developing kidney stones: Consumption of calcium-rich food and drink over time; alkaline urine, which encourages solid calcium salt formation; low water intake; living in a hot climate; repeated kidney infections.

The formation of crystals in the urinary tract results in the onset of inflammation, which leads to pain.

The Tibb View of Kidney Stones

associated with **qualities of dryness with coldness**, as calcium deposits collect and harden to form stones. This dryness with cold often results from an improper lifestyle, such as a low water intake. People with the melancholic dominant / sub-dominant temperament are most likely to develop kidney stones, due to their innate dominance of dryness. However, people with other temperamental types are also at risk of kidney stones due to a poor lifestyle, especially from a faulty diet and low fluid intake.

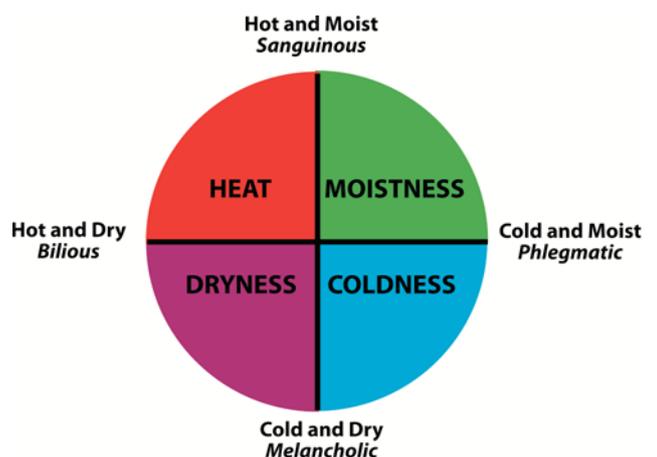
Management of Kidney Stones

Management is aimed at **reducing the excess dryness with cold** qualities associated with kidney stones, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness**. This assists Physis in addressing both the symptoms and causes of kidney stones.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods**, such as banana, sweet potato, and brown bread, **followed by Cold & Moist foods** like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** such as avocado, garlic, onion and chickpeas, and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Drink plenty of warm water.



- Calcium-rich foods like dairy products (cheese, cream, and butter), fish (sardines, pilchards and anchovies) and animal protein should be selected.
- Restrict the intake of refined sugars, fructose (especially corn syrup), cola drinks and apple juice.
- Decrease the intake of spinach, strawberries, nuts, rhubarb, wheat germ, dark chocolate and tea.
- Excessive alcohol intake leads to dehydration, so cutting down should help sufferers from kidney stones.

Medication

Herbal Remedies

- Sip an infusion made from four tbsp fennel seeds in one litre of boiling water.

Recommended Medication

Tibb Renotone tablets - This herbal medicine inhibits stone formation and growth, boosts urine flow, reduces inflammation, helps prevent kidney infection, and relieves kidney spasm. Tibb-Renotone is associated with qualities of **moistness** with **heat**, which makes it an ideal treatment for preventing and dissolving kidney stones.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**".

For further information on **temperament** , **diet charts** or recipes: "**Cooking for your body type**" is available for free download or information on Tibb products visit: **www.tibbherbals.com**